

Pregnancy Options Counseling A Web Conference

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Presented by Patrice Zink, MA



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Objectives

By the end of the workshop, participants will be able to:

1. Identify Title X regulations regarding pregnancy diagnosis and counseling.
2. Describe three options in pregnancy counseling: adoption, termination and continuation.
3. Discuss skills to facilitate difficult options counseling sessions offering unbiased information, support and referral.



Additional Information


All Region VIII states to be offered a 1.5 hour adoption information refresher webinar. Dates to be determined.

All Region VIII states have access to an onsite day long Adoption/Options skill building workshop that is free of charge.



Title X Requirements

- Both pregnancy diagnosis and counseling must be provided to clients needing service.
- Pregnancy testing should be used as an entry point for providing family planning education and counseling.
- Counseling is an “interactive dialogue in which the client is assisted in making an informed choice.”




Title X Requirements, cont'd

- Clients with a positive test, who are undecided about pregnancy resolution **MUST** be offered an opportunity for information and counseling regarding each of the following options:
 - * Prenatal care and delivery
 - * Infant care, adoption and foster care
 - * Pregnancy termination



Non-Directive Counseling

- Individualize dialogue
- Provided content and session in a neutral, factual and client-centered manner
- Interactive process in which a client is assisted in making an informed choice
- Involves mutual sharing of information
- Designed to help clients resolve uncertainty, ambivalence, anxiety and enhance **their** capacity to arrive at their decision



The Options Provider Role

Those providing options counseling should be:

1. Knowledgeable and able to provide accurate information
2. Objective and nonjudgmental
3. Sensitive to the rights and differences of clients as individuals
4. Culturally aware
5. Able to create an environment where the client is comfortable discussing personal information and all pregnancy options

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If the Test is Negative

- Give results without assuming reaction
- Client reaction will guide counseling direction
- Helpful to ask, "How do you feel about the result?"
- Verify LMP (last menstrual period)
- Remember that highly sensitive tests are not always accurate
- Investigate possible causes for delayed menses (hormonal BC, post OC amenorrhea, eating disorder, drug use ect.) and follow up referral

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Negative Test, cont'd

- Offer birth control information
- Explore desire for pregnancy
- If trying to conceive, offer preconception counseling and, if attempts have been longer than one year, offer infertility referral

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Sharing Results of a Positive Test

- Give result without assuming reaction
- Client will guide counseling session
- Ask, "How do you feel about your test result, who do you have as a support person?"
- What options have you considered?
- Verify the LMP (last menstrual period)

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The Undecided Client

- Ensure that the client understands that the decision is hers to make
- Empathize with the client; help her to explore her feelings
- Use non-directive counseling skills
- Offer referral for further counseling if needed
- Include partner, parent or support person if indicated

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Basic Adoption Information

- Adoption Definition: "Adoption is a legal process. A permanent parent and child relationship is formed by the transfer of parental rights from one set of parents to another individual or couple who is willing to assume those rights and responsibilities."
- Adoption has been practiced by many cultures and religions throughout human history.
- Adoption practice has changed dramatically over the last 60 years and continues to be an evolving process.

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Types of Adoption

Confidential or Closed – characteristics include:

- Adoptive family receives non-identifying medical and social history on birth parents.
- No identifying information is shared.
- No contact or communication between parties is expected.
- Birth parents may participate in selection process.

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Semi-Open Adoption

Characteristics Include:

- Adoptive family receives non-identifying information (medical, social and birth parent history).
- Both birth parents and adoptive parents maintain contact through a third party.
- Direct contact may occur, usually at the agency or pre-arranged meeting place.

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Open Adoption

Characteristics include:

- Full disclosure of identifying information.
- Contact between the birth parent and adoptive family is direct.
- Get-togethers are based on lifestyles of families.
- No two open adoptions are the same.

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Abortion Services

- Legal since January 1973
- CDC in year 2000 reported, “overall risk of dying is 1 per 100,000 procedures.”
- Some states require parental notification
- Cost varies per provider, length of pregnancy and use of sedation.

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Abortion Methods

Surgical Method - Vacuum Aspiration

- A local anesthetic is used to block pain at the cervix.
- The cervix is opened to the diameter of a fountain pen. Menstrual cramps may follow.
- A cannula (a small, hollow tube) is inserted into the uterus.
- A vacuum is applied and the uterine contents are extracted.
- A follow up appointment is made for approximately two weeks later.

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Early Medical Abortion

This is achieved by the action of drugs that interfere with the growth and development of the fetus.

- The first drugs will cause the placenta to separate from the uterine wall.
- The second drug is given within a few days to cause the uterus to contract and expel the uterine pregnancy contents.
- This method takes place over the period of a week or less.
- Follow up office visit is necessary at 1-2 weeks.

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Discussion on challenging
Pregnancy Scenario's



To ask additional or follow-up questions,
or to schedule onsite Adoption/Options
skills training, please contact:

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